



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29	30	31	1	2	<p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>
5 Pizza Crunchers <i>Hot Dog on a Bun</i> FEATURED VEGGIES Steamed Corn Fruit Choice	6 Chicken & Waffles Corn Dog FEATURED VEGGIES Sweet Corn Fruit choice	7 Mini Corn Dogs with French Fries FEATURED VEGGIES Steamed Broccoli Fruit Choice	8 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Baked Beans Fruit Choice	9 Season Pizza Slice Turkey & Cheese Wrap FEATURED VEGGIES Side Salad Fruit Choice	Choice of Vegetable Hot vegetable,, seasonal fresh vegetables
12 Toasted Cheese Sandwich (V) Hot Dog on a Bun FEATURED VEGGIES Tater Tots	13 Beef Soft Tacos Corn Dog FEATURED VEGGIES Lettuce & Tomato/ Corn Fruit Choice	14 Cowboy Burger on a Bun FEATURED VEGGIES Glazed Carrots Fruit Choice	15 Chicken Tenders with Soft Pretzel Rod FEATURED VEGGIES Curly Fries Apple Cider Slaw	16 Season Pizza Slice Turkey & Cheese Wrap FEATURED VEGGIES Side Salad Fruit Choice	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
19 School closed	20 Chicken Patty on a Bun Corn Dog FEATURED VEGGIES Mexicali Corn Fruit choice	21 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots Fruit Choice	22 Meatballs over Penne Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	23 Season Pizza Slice Turkey & Cheese Wrap FEATURED VEGGIES Side Salad Fruit Choice	Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
26 Cheeseburger on a Bun Hot Dog on a Bun FEATURED VEGGIES Steamed Broccoli Cucumber Slices	27 Mozzarella Sticks Corn Dog FEATURED VEGGIES Golden Corn / French Fries Fruit choice	28 French Toast Sticks with Sausage Links FEATURED VEGGIES Walking Taco's Tri Patty Taters Carrot Sticks	29 Mac & Cheese (V) FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw	30 Season Pizza Slice Turkey & Cheese Wrap FEATURED VEGGIES Side Salad Fruit Choice	Daily Alternates Chicken Nuggets with Dinner Roll Cereal Lunch, cereal, yogurt, string cheese, graham crackers,
Your Team Barbara Holmes, Food Service Director 856-429-3960 ext 1136 had@nsfm.com		Meal Prices Student Lunch \$3.75 Reduced Lunch \$0.00 Faculty Lunch \$4.60			  